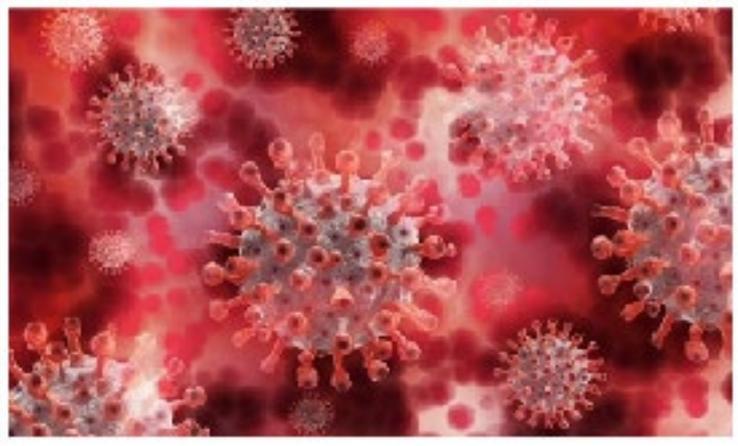


The North Wood Group Practice



Unseasonal coughs and sneezes

Coronavirus (COVID 19) and respiratory syncytial virus (RSV) are two types of respiratory illness with similar symptoms. COVID 19 can affect children but usually causes a mild illness whereas in adults, especially with underlying chronic illnesses, it can cause serious symptoms.

RSV is very common amongst children, especially infants and young children. The majority of cases are very mild causing just a cold, runny nose, cough and fever. In some children with underlying conditions or who are born early it can cause more severe symptoms such as trouble breathing, wheeziness, and can lead to complications like bronchiolitis (inflammation of the smaller airways) and pneumonia. Both illnesses are spread the same way, by droplets containing the virus being spread through a cough or a sneeze. These droplets either land on you directly or on a surface you then touch and spread to your face.

The preventative measures we have all been following such as hand washing, masks, social distancing has also been effective against common respiratory viruses, such as RSV, common cold, flu, so many of us who would normally have been exposed to



these viruses last winter now have lower than normal immunity to them.

Public Health England are predicting between 20- 50% more cases of RSV in the coming months. Some A&E departments are experiencing winter-level case numbers right now in summer. We are certainly experiencing higher than normal volumes of phone calls about children with coughs and colds. The only way to distinguish between the two illnesses is to take a COVID PCR test. This can easily be done through the government website (www.gov.uk) . The tests can be sent to your home, or you can book appointment at a walk-in or drive-through site.

Remember these symptoms could be confused with hay fever too. **Ask for medical help if your child is having trouble breathing, is unusually drowsy, or not passing as much urine as normal.** If your child has mild symptoms of cold, cough and fever then simple selfcare measures can be followed such as keeping your child cool, making sure they drink plenty and using child paracetamol and ibuprofen. You can seek help and advice from a pharmacy, by telephoning 111 or from your GP. Useful links

information about bronchiolitis: <https://www.blf.org.uk/support-for-you/bronchiolitis/what-is-it>

When is a wheeze a wheeze ? : <https://binged.it/3AGwR3t>

How the Northwood Practice will look.

Work has started on the transformation at the Crown Dale site.



Looking from the rear of the building

The following is a Message from Malcolm Brydon Senior Estates Project Manager, South East London Clinical Commissioning Group Lambeth.

“We are very excited and delighted to advise that work has now commenced on the modernisation / refurbishment / extension of our Crown Dale Practice. We are expecting the works to be complete at the end of February 2022 and this will open a whole new chapter for the Practice and secure the future of the Practice for the next twenty-five years.

Whilst extensively modernising and refurbishing the existing Practice, we are also adding two extensions to the Practice which will provide us with four additional consulting rooms. We have also worked very hard to create a modern, welcoming and pleasing environment accompanied with significant improvements to improve the access to the Practice.

We would further wish to apologise for the delay in the commencement of the Project which was scheduled to commence in February of this year but there were some unforeseen technical issues that needed to be resolved before the Project could commence. We would like to thank all our Patients for their patience and understanding during this period and ongoing support in the months to come. It is our intention to provide regular updates



on our web site throughout the construction period. In the meantime all our staff are working from Tulse Hill Surgery, 4 Hardel Rise, SW2 3DX.

News from the Lambeth Diabetes team.



Lambeth Diabetes
Intermediate Care Team



Want to know more about Food and Diabetes ?



The Lambeth Community Diabetes Team are now running informative courses virtually with the Specialist Dietician, Krishna.

When: Courses are run once a month on a Wednesday afternoon for 2 hours.

Virtual app: Blue Jeans

Ask your GP or Practice Nurse to refer you in order to book your place on the next course.

Lambeth Community Diabetes Team - Tel: 020 8655 7842 or
Email: lamccg.diabetes@nhs.net

Social prescribing and the practice.

Our practice is fortunate to have a social prescribing link worker.
What do they do?

The Link Worker can support you with things which are not strictly medical but may affect your health. They have time to talk to you about what is important to you, help you explore your options and decide on a plan of action. This can help you identify what you need to do and which things you need extra help with. Some examples of things that you may want to talk to the Social Prescribing Link Worker about are:

- housing and disrepair issues
- debt and financial problems
- benefit claims and medical assessments
- care needs
- occupational therapy needs
- loneliness.
- accessing education and training
- being more active in the community and volunteering
- exploring hobbies and interests
- finding social activities and groups

How can the Link Worker support you?

They will talk to you and get a picture of your life and will help you to prioritise if you have more than one problem.



- tell you about relevant services
- support you to fill in forms/write letters
- assist you to gather evidence to support claims/applications

- signpost/refer you to specialist services.

How can I get in touch with the Link Worker?

You can ask anyone at the practice to refer you to the Link Worker. You do not need to speak to a GP or nurse first. For the time being, most appointments with the Link worker are by telephone.

Ruth Marie Vidal-Tunkara, My Community Lambeth Link Worker / Social Prescribing, HBD PCN Lambeth.

Practice Notes and advice.

North Wood at Crown Dale

Tel: [020 8670 2414](tel:02086702414)

Fax: 020 8670 0277

Currently closed

North Wood at Tulse Hill

Tel: [020 8671 3448](tel:02086713448)

Fax: 020 8674 6043

Currently open - see opposite

North Wood at Tulse Hill	
North Wood at Tulse Hill is currently open.	
Monday	08:00-18:30
Tuesday	08:00-18:30
Wednesday	08:00-18:30 *
Thursday	08:00-18:30
Friday	08:00-18:30
Saturday	Closed
Sunday	Closed
Tulse Hill Practice	
* Please note that the Tulse Hill surgery has now extended its opening hours on Wednesday 6.30pm - 7.30pm. (late evening clinics by appointment only)	

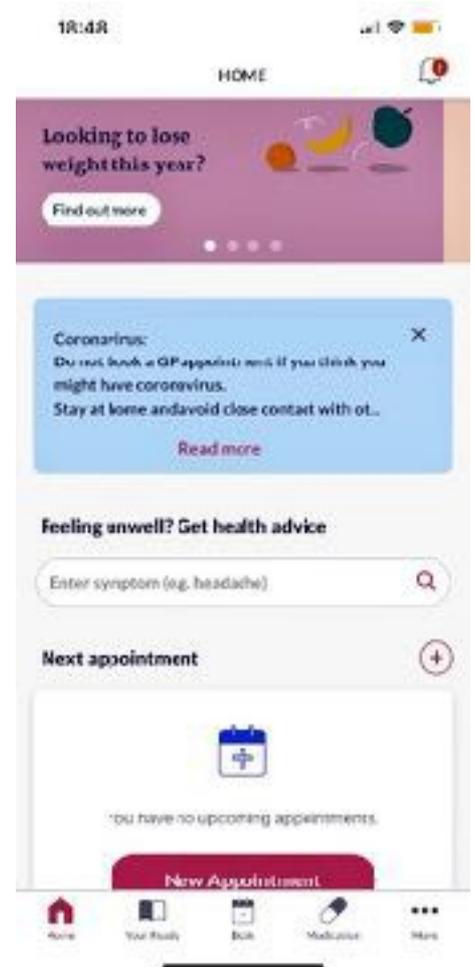
Appointments.

Please remember if you cannot make an appointment or no longer need it, please let us know. If you booked the appointment through [Patient Access](#), you can cancel it through the App.

Remember the **Patient Access App** or the **website** (<https://www.patientaccess.com>) are

- Easy to use
- May save time waiting to be connected by phone
- Can be accessed day or night
- Can manage your appointments
- Can be used to request prescriptions
- Can be used to view test / blood results
- Offers information on a wide variety of medical conditions

Remember that **our website** (<https://northwoodgrouppractice.co.uk/digitalpractice/wellbeing-centre/>) also offers advice and information on a variety of topics - our wellbeing page has links / information of food banks, domestic abuse, care of the elderly, for example.



Northwood Patient Participation Group

This exists to provide a channel of communications between the practice and the patients to discuss local priorities and provide feedback and a platform to test and modify ideas and plans.

Many PPGs also organise activities and events in line with the priorities identified. Please e-mail northwoodgroupppg@gmail.com if you would like to be added to the circulation list for information.

Thanks to Dr Scaravilli for the above material and www.pixabay.com for virus images etc.